

Dr. Robert Jay Rowen's

SECOND OPINION

Vol. XV, No. 5

May 2005

HEALTH NOTES

Your Doctor Is Using the Wrong Cholesterol Test!

As a reader of *Second Opinion*, you probably know that some forms of cholesterol are better than others. And you've likely heard that all LDL is bad and all HDL is good, right? Well, not quite.

HDL is still considered the "healthy" cholesterol, but it's not the only cholesterol that's good for you. There's a form of LDL cholesterol that actually fits into the "healthy" category with HDL!

That's right! LDL cholesterol has two different sized particles — one's small and the other is large. The larger particles, called apolipoprotein A1 (apo-A1), are good. Cholesterol is a healing agent your body produces to repair damaged blood vessels. When your cholesterol is high, your body is responding to more damage in your vessels. The larger LDL particles appear to be more easily washed away from sites where damage occurs. So they don't hang around long enough to cause blockages.

On the other hand, the small LDL particles get packed into an injury and aren't washed away very easily. (It's similar to sand. The smaller the granules, the harder they can be packed together.) These smaller particles are called apolipoprotein B (apo-B) and they're particularly bad.

A study on 29,000 people in 52 countries compared 15,000 who had heart attacks to a control group of 14,000 who hadn't suffered a heart attack. It found that those with the highest level of apo-B had four times the risk of heart attack as those with the lowest levels of apo-B.

The study also determined that the

(Continued on page 2)

You Can Fight Alzheimer's, Autism, and Other Brain Diseases Naturally, Part 2

Last month, I showed you one way to fight brain disease, whether it's autism or Alzheimer's disease. I told you about the fantastic progress on autism made by my friend Dr. Buttar and how this same treatment can be used for Alzheimer's and Parkinson's disease.

Unfortunately, Dr. Buttar's methods require a physician to prescribe the transdermal DMPS chelating agent. And my goal is to help you avoid having to visit my office or any doctor's office.

So this month, I'm using the "Miracle of Medicine" column as the main story to show you another way to fight brain disease. As you'll see, I'm currently using this method in my clinic with absolutely amazing results. But you can use it safely in your own home without a prescription. And, while the following case is with autism, patients suffering from Parkinson's, Alzheimer's, and other degenerative brain diseases can use the same treatments.

Sam's parents brought their three-year-old child to see me October 25, 2004. He was a normal, healthy little boy until he reached 18 months of age. That's when he lost all his speech in just three weeks. This is quite typical of autism onset. In my experience, this typically occurs shortly following the administration of a vaccine.

On his first visit, Sam was not stimulated very easily. There was no expressive speech. His parents assured me there was some receptive speech, but I didn't see any. Sam made no eye contact with me.

Before his arrival to my office, Sam was already on a diet free of casein (milk protein) and gluten (wheat and certain grains). So I decided to focus the rest of my treatment on the RNA products devised by Dr. Amy Yasko. You may remember Dr. Yasko from last month. She's the

HEALTH NOTES... continued

particular strains of LDL were better indicators than just HDL vs. LDL. According to the study, a high ratio of small LDL molecules (apo-B) to good cholesterol turned out to be the most important factor linked to heart attack risk.

In fact, high levels of apo-B LDL cholesterol were a better predictor of heart attack than smoking.

"Globally, 50% of the risk of a heart attack is predicted by the apo B/apo A1 ratio," said the study's leader, Dr. Salim Yusef, a professor of medicine at McMaster University in Canada.

This study confirms my stand that the standard cholesterol test is not a good indicator of heart-attack risk.

Action to Take

(1) If you have a cholesterol problem, have your apo-A1 and apo-B measured. A ratio of apo-B to apo-A1 of 1:2 would be considered a low risk. As apo-B rises so that the ratio approaches 1:1, you would be considered high risk. Greater than 1:1 would be considered a very high risk. If you fall into either of the latter groups, you should consider specific treatments to alter your cholesterol levels.

(2) If your cholesterol is high, consider my Living Foods Diet *first*. If you can't follow the diet in full, at least make some dietary changes. Any changes toward a healthier diet will go a long way toward protecting your heart.

SECOND OPINION (ISSN 1068-2953) is published monthly by Second Opinion Publishing, Inc. **PUBLISHER:** Wallis W. Wood; **EDITOR-IN-CHIEF:** Robert Jay Rowen, MD; **SUBSCRIPTIONS:** \$49 per year; foreign addresses add \$13 U.S. per year. Send new subscriptions or changes of address to our **BUSINESS OFFICE:** P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288 or 770-399-5617. **SECOND OPINION** is a newsletter containing general comments on health, nutrition, and medicine. Readers are advised to consult with their own physician before implementing any health idea they read about, whether here or in any other publication. Copyright © 2005 by Second Opinion Publishing, Inc. All rights reserved.

author of the books *The Puzzle of Autism* and *The Power of RNA*. If you have a loved one with autism or any brain disease, I highly recommend these books. She is seeing some amazing cures with her RNA products.

RNA is ribonucleic acid. You've heard of DNA (deoxyribonucleic acid). DNA is what makes up your chromosomes, your genetic material. But I doubt you've heard much about RNA. Your DNA expresses itself by making a slightly altered copy of itself — RNA — which leaves your cell nucleus and enters the cytoplasm (the fluid between the nucleus and cell wall). RNA is the middleman from your DNA to the proteins and enzymes that cause your cells to act the way they do.

RNA has been known for years to have health-enhancing properties. The large DNA and RNA molecules are made up of smaller units called nucleotides, which are put together in a specific coded sequence.

DNA and RNA are in the cells of every living organism. In your body, millions of cells are created every minute. Just as fast as old ones are breaking down, new ones are created. Nucleotides are required to synthesize new RNA and DNA for your cells to divide and function. So eating foods that are high in RNA helps maintain healthy cells and, thus, a healthy body.

If you eat a healthy diet, you're usually getting several grams of nucleotides every day from your food. Breast milk has been reported to contain a whopping 10-60 mg of RNA per 3.4 ounces of milk. Considering one serving for a newborn baby is four ounces, that's a huge amount of RNA in every serving!

Sardines have lots of RNA. These small fish are touted as enhancing memory. You might have even taken a whole RNA nutritional product. Hundreds of scientific research papers have been published showing that DNA and RNA can be used medicinally to promote good health.

When shopping for RNA products, you'll notice most are made with whole RNA. Normally, this would sound good, as the whole is usually better than the part. But, in this case, these products are not as effective as "specific" RNA.

To understand why, consider the following: Your liver makes RNA that's totally different from the RNA made by your heart. In fact, that's what makes your two organs different. They both have the same DNA, yet the DNA of the two organs is making different RNA. This results in different structure and function. So it makes sense that a specific RNA product designed to treat the liver is superi-

or to a whole RNA product.

Dr. Yasko, a microbiologist, has pioneered the extraction of RNA from a yeast called *saccharomyces cerevisiae*. But unlike whole RNA extraction, her secret is the incubation of the yeasts in a variety of environments. This has allowed her to develop various types of RNA that can help regulate different parts of your body. According to Dr. Yasko, this is a distinct advantage over whole non-specific RNA. (I admit I tried to get the method of specific RNA production and extraction from her to tell you, but to no avail. This is her life's work, and she didn't divulge her proprietary secrets.)

But does the specific RNA really work?

Absolutely! Just look at what happened to Sam.

I gave Sam three key RNA formulas — Stress, Bowel, and Health Foundation. I also gave him some other supplements to help correct biochemical problems common in autism. These are explained in detail in Dr. Yasko's autism book. Sam's improvement didn't happen overnight, but his condition did improve fairly quickly.

Within three months, Sam was talking, telling his parents what he wanted, and when he needed a diaper change. He was even beginning to read!

At his next office visit, he was looking right at me with direct eye contact! The most emotional part of his follow-up visit with me was when I asked him for a hug. He walked right up and gave me a big one!

I've interviewed the parents of several of Dr. Yasko's patients. They all rave about Dr. Yasko's program. And the results I'm seeing in Sam are no different than others following her program. I encourage you to purchase Dr. Yasko's books. They and the RNA products are available from Longevity Plus RNA (877-762-3663 or www.longevityplus-rna.com). The website gives details about specific RNA formulas.

Autism is a national epidemic. So is Alzheimer's disease. And Parkinson's disease is becoming far more widespread. In my opinion, all of them are caused by similar attacks on the brain from heavy metals and infection. If you have Alzheimer's or Parkinson's, these RNA products could have the same effect on you that they had on Sam. With specific RNA, we now have products that can effectively treat brain disease without a prescription!

HEALTH NOTES... continued

(3) Get plenty of exercise.

(4) Herbal or vitamin remedies such as magnesium, policosanol (as found in Advanced Cholesterol Formula) and niacin are the best natural treatments around. I consider red yeast rice as a weak statin. It's definitely useful in selected people. Its advantage over statins is that it's a whole food with all the cofactors! If you take it, be sure to add at least 100 mg daily of CoQ10. Statins should be reserved ONLY for those with genetic cholesterol abnormalities. With statins, add at least 300 mg daily of CoQ10.

Ref: Annual meeting of the European Society of Cardiology, September 2004; Associated Press, September 1, 2004.

Low Cholesterol Is Worse Than High Cholesterol

Just as fighting the wrong cholesterol is dangerous, lowering your overall cholesterol too much also can have a terrible impact on your body. In fact, low cholesterol (below 160) is more dangerous than high cholesterol!

One huge European study followed 149,000 men and women aged 20-95 for 15 years (1985-1999). While the study did confirm that high cholesterol is associated with higher coronary mortality, the researchers said they observed low cholesterol significantly *increases all-cause mortality* in men of all ages and in women 50 and older.

Low cholesterol was associated with higher rates of death from cancer, liver diseases, and mental diseases. The researchers stated that the results contradict previous beliefs about the benefits of lowering cholesterol in younger people.

Also consider these other two studies. The famous ongoing Framingham study showed that people with falling cholesterol levels suffer increased mortality. And a Honolulu study found that those with increasing cholesterol levels enjoy greater longevity!

Ten years from now, the statin era will

(Continued on page 4)

HEALTH NOTES ... continued

be condemned as an experiment on you that should have never happened. Stop worrying about your total cholesterol levels!

Ref: Anderson, K.M., et al. "Cholesterol and mortality. 30 years of follow-up from the Framingham study." *Journal of the American Medical Association*, 1987; 257: 2176-2180; Schatz I.J., et al. "Cholesterol and all-cause mortality in elderly people from the Honolulu Heart Program: a cohort study." *The Lancet*, August 4, 2001; 358 (9279): 351-355; Ulmer, H., et al. "Why Eve is not Adam: prospective follow-up in 149,650 women and men of cholesterol and other risk factors related to cardiovascular and all-cause mortality." *Journal of Women's Health*, January-February, 2004; 13 (1): 41-53.

Save Your Memory Without Spending a Dime

There are many wonderful supplements on the market that will help boost your brainpower. But some of them are quite expensive. Well, now there's a simple way to boost your brainpower for free!

A new report from the huge Nurses Health Study of 18,766 women aged 70-81 says that walking protects your brain function! A companion article confirms the same in men.

Yes, indeed, walking just 1.5 hours per week for women was associated with significant retention of brainpower compared to walking less, say only 40 minutes per week. The more energy expended walking, the less cognitive decline across the board. And those walking the most have a 20% lower risk of cognitive impairment.

For men, those who walked the least (less than one-quarter mile per day) were 1.8 times at risk of developing dementia as those who walked two miles per day.

(Continued on page 5)

To order special reports, books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

Why Milk Is Causing a Crohn's Disease Epidemic (Hint: It's Not Allergy Related)

I've received a lot of letters lately asking for help with Crohn's disease. The disease is definitely becoming more common. But why?

You can't catch Crohn's disease like you can the flu or the common cold. However, there's now evidence that the disease is caused by a bacterium. And the dairy you're eating and drinking is the likely source. Let me explain.

This story goes back to 1913 when a surgeon reported that the lesions in Crohn's disease look a lot like the intestines of cows with Johne's (yo-nees) disease. It took years to discover that a relative of the tuberculosis germ called MAP (mycobacterium avium paratuberculosis) caused Johne's disease. This particular bug is exceptionally hard to culture outside the living organism. So scientists could never find it.

Last year, *The Lancet* published a breakthrough report in which Saleh A. Naser, PhD and associate professor of molecular biology and microbiology at the University of Central Florida, Orlando, developed a better way to culture MAP. He reports that he can grow living MAP from the blood of 50% of patients with Crohn's disease, 22% of people with ulcerative colitis — and none from patients who don't have inflammatory bowel disease.

This information is not new: An article in the *Proceedings for the National Academy of Sciences* says that the RNA (yes, RNA is found in all cells, even bugs) of MAP is found in 100% of Crohn's disease patients. Compare that with 0% in the control group.

What's more, several medical journals have reported long-term remissions from Crohn's disease with the use of antituberculosis drugs!

Let's put this all together now: Cows have an inflammatory bowel disease virtually identical to humans. MAP causes it. MAP has been found to cross the species barrier and infect humans. MAP is now found in the blood of Crohn's disease patients, but not in people without the disease. And drugs that kill the organism can reverse Crohn's disease.

The only piece that's missing from this is the source of the infection. Logic would indicate the source is either

meat or dairy. Since meat is almost always cooked before consumption, I doubt this is a substantial source. That leaves dairy. But if you read the literature from the dairy industry, you would assume the bug couldn't come from dairy. Why? They insist pasteurization kills it.

The magazine *Hoards Dairyman*, which is devoted to milk producers, told its 100,000 readers that a USDA study confirms pasteurization kills this germ. However, the abstract of that USDA study reads: "Currently, it's not known whether commercial pasteurization effectively kills mycobacterium paratuberculosis in contaminated raw milk."

In fact, page two of this study states: "Bacteria were not totally inactivated until after 15 minutes of incubation (pasteurization) at 72 degrees centigrade." That sounds good, doesn't it? Well, it's not!

In commercial operations, pasteurization is considered complete when the milk is subjected to 72 degrees centigrade for only 15 seconds!

And the journal *Applied Environmental Microbiology* confirmed this: "Mycobacterium paratuberculosis is capable of surviving commercial pasteurization when there are more than 10 bacteria per milliliter in raw milk."

But the dairy industry insists, "There is no definitive evidence to date that viable *M. paratuberculosis* is present in retail (American) pasteurized dairy products."

That's true ... but only because American milk at retail sites has never been tested!

Meanwhile, British scientists have cultured live MAP from their retail milk. It appears that the USDA study was deliberately twisted by industry and government agencies to fool you into thinking that pasteurized milk is safe. Personally, I would not bet a copper-clad dime on its safety.

If you have Crohn's disease, ulcerative colitis, or even irritable bowel syndrome (the common forerunner of the first two), take this information to your alternative doctor. There are both natural and chemical (antibiotics) treatments. I'll admit I'm not past using antibiotics to help cure someone of an otherwise miserable existence.

However, there's another option I recommend you try before antibiotics. I told you about Carnivora, a natural antibiotic from Venus flytrap, several months ago. Considering the wonderful cases of similar conditions it has cured, it might be a fabulous place to start. (You can find out more about Carnivora by going to my website, www.secondopinionnewsletter.com.)

HEALTH NOTES ... continued

Admittedly, there are confounding variables. Those who exercise more are more likely to take care of themselves, eat better, and smoke less. However, to the extent that these variables could be controlled, the results still speak volumes.

Action to take: You don't have to do a full-bore workout or ride a mountain bike to protect your brain. Simple walking protects!

Ref: *Jour Amer Med Assoc*, September 22, 2004.

Breast Cancer Increasing ... In Men!

Men, you might not think you can ever get breast cancer, but you can. And evidence is pointing to obesity as a cause. Obesity, in both sexes, causes the enlarged fat cells to make more aromatase. Aromatase is an enzyme that converts your needed testosterone into estrogen, a known carcinogen. Add this factor to all the man-made chemicals with powerful estrogen effects (xenoestrogens) and we have a prescription for disaster in both sexes.

Both men and women can mitigate these effects by exercising (increases testosterone and burns off fat), reducing refined carb intake, and regular saunas (especially far infrared) to sweat out the chemical estrogens. I'll have more on far infrared saunas in a future issue.

Ref: *Cancer*, May 24, 2004.

You Can Slow Aging Cell by Cell

The best way to slow the aging process is on the cellular level. I've held that oxygen therapies are one of the best ways to do this. But now there's evidence that two supplements can slow down your aging process as well.

New research indicates that protecting your cells' mitochondria is a powerful way to keep your body young. The mitochondria is a tiny furnace within each cell that produces energy for your body.

(Continued on page 6)

HEALTH NOTES ... continued

In experiments on mice, the animals were genetically altered to increase the number of mutations by their mitochondria. This caused the number of mutations in their mitochondria to increase by three- to five-fold. The result: The mice aged three times faster than regular mice did.

Among other things, the genetically *modified mice* suffered from hair loss, osteoporosis, weight loss, and heart problems long before the regular mice. They lived to be only one-third the age of their non-genetically modified peers. This sounds like human aging to me, only faster!

Anything you can do to protect your mitochondria is a wise idea. The best way is to take ample amounts of the following two nutrients that will specifically protect your mitochondria.

The first one is our old friend CoQ10. This nutrient is the workhorse within the mitochondria. It helps protect against stray free radicals. CoQ10 is one nutrient I think everyone should consider regardless of diet. I suggest 100 mg of an emulsified version, such as the product carried by Healthy Resolve. If you have chronic illnesses, you may benefit from taking up to 1,200 mg per day (the amount prescribed for Parkinson's disease). No matter how healthy you are, CoQ10 is probably the most important nutrient you can take.

(Continued on page 7)

Visit Second Opinion's Website

www.secondopinionnewsletter.com

Don't forget to sign up for my free e-mail alerts to receive my latest health tips and news right in your e-mail inbox.

User Name: undo

Password: stress

If you're still drinking milk or consuming dairy products, this may give you reason to reconsider. You don't need dairy. You can get all the calcium you need from plant sources, such as dark, green leafy vegetables.

Ref: *The Lancet*, September 18, 2004; Proceedings for the National Academy of Sciences, September 1996; Applied and Environmental Microbiology, December 1997; Applied Environmental Microbiology, March 1998.

Simple Way to Reduce Your Heart-Attack And Cancer Risk

I told you about the Living Foods Diet a few months ago. Your letters indicate that many of you are interested in eating a raw-food diet. But I know that eating nothing but a raw, vegetarian diet is difficult to follow.

Don't be discouraged. Any steps you take toward making positive dietary changes will greatly help your health. In fact, next month, I'm going to give you step-by-step instructions on how to move from the average American diet toward a much healthier lifestyle. (I promised this a couple months ago, but I had to hold off to bring you the incredible news on brain disease. I apologize for the delay.) Until then, here's an easy way to improve your diet and your lab numbers. It will even decrease your risk of having a heart attack.

An Italian study published in the *Journal of the American Medical Association (JAMA)* studied the Mediterranean diet in 180 people with metabolic syndrome (obesity and insulin resistance). The researchers defined this diet as an increase in "healthy" vegetable foods and use of monounsaturated fat in the form of olive oil.

Specifically, two groups (each with 90 insulin-resistant participants) were told to eat a diet consisting of 50-60% carbs, 15-20% protein, and less than 30% fats (saturated fat less than 10% and cholesterol intake less than 300 mg per day).

One group was given specific foods to eat, while the other was not. The former was advised to consume at least 8-10 ounces of fruit (about one serving), five ounces of vegetables, and one-quarter cup of walnuts each day. They also were allowed 14 ounces (almost two servings) of whole grains, legumes, rice, corn, and/or wheat. The only oil they could use was olive oil. The control group didn't receive these specific recommendations.

After two years, the researchers found the intervention group had a higher intake of omega-3 to omega-6 fatty

acids (walnuts are high in omega-3). Total fruit, vegetable, nut, and fiber intakes were higher as well. Olive oil intake averaged about one tablespoon per day. Both groups increased physical activity equally. So the only difference in the two groups was the specific diet recommendations.

The Mediterranean diet group experienced greater reductions in blood concentrations of C-reactive protein, interleukin 6 (a marker of inflammation), and had improved insulin sensitivity. And, just as importantly, the function of the endothelial cell (the inner lining of your blood vessels I write about so much) improved, protecting the dieters' arteries. Finally, only 40 in the Mediterranean diet group still had markers for insulin resistance, compared to 78 in the control group.

A companion study in the same issue of *JAMA* followed 1,507 apparently healthy individuals aged 70-90 in 11 European countries between 1988 and 2000 for overall death rate. Adherence to the Mediterranean diet was found to reduce all-cause mortality (cancer, heart, and vascular diseases) by a whopping 50%.

Action to take: These studies show that moving toward more vegetarian foods, even if cooked, will lower the inflammation in your body. With just simple movement in your diet away from the standard American fare, you can protect your arteries.

And, just as importantly, you can lower your body's resistance toward insulin. Insulin resistance means your body must produce more insulin to control your blood sugar. Excess insulin accelerates aging and death from both vascular disease and cancer. Next month, I'll show you how reducing your insulin levels can greatly reduce your risk of getting colon cancer.

Ref: *Jour Amer Med Assoc*, Sept 22, 2004

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association — For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine – 866-464-5226 or www.icimed.com
- American College for Advancement in Medicine – 800-532-3688 or www.acam.org

HEALTH NOTES ... continued

The second nutrient you need to take to slow the aging process might surprise you. It's manganese. This often-overlooked nutrient is needed for activating an enzyme called SOD, or superoxide dismutase. This enzyme is a free-radical scavenger and it thrives on manganese. So make sure you're getting at least five mg per day. That's the amount you'll find in many good multivitamins. If you're taking Healthy Resolve's Max Plus, you're getting 10 mg each day, which is giving you far better protection against aging. (See the enclosed insert for details.)

Going, Going, Almost Gone

We're close to selling out the *Second Opinion* cruise to Tahiti this fall. If you'd like to join us, please call Seabreeze Travel (the nice folks who are handling the arrangements for us) right away. Their toll-free number is 800-233-2103.

In case you didn't save the flyer that was included with the newsletter last month, the dates are October 22-29; the ship is the top-rated *Paul Gauguin*; and the price is as low as we could make it. We'll have some interesting talks and see some *fabulous* sights. I hope you can join us.

Coming Next Month...

- Skip the drugs and herbs for erectile dysfunction. Correct this hidden problem first and solve your problem.
- Diabetics: Popular low-carb diets might actually make your condition worse! Here's what you need to do instead.
- New breakthrough reverses multiple sclerosis. It's a conventional treatment, but your doctor probably hasn't heard of it.

LETTERS

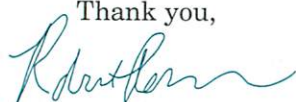
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: Your article about radiation and cancer talks about the Delta Immune product being a particular strain of *Lactobacillus bulgaricus*. But most of what we're finding on websites is *Lactobacillus rhamnosus*. Is this different? And why is it so hard to find? It seems like everyone is out of stock. — B.D., via e-mail

A: The sources I used to write the article were the original manuscripts from Russia. The Russian scientists called the strain *bulgaricus*. Some laboratories have changed the name of the strain to *rhamnosus*, but it's exactly the same strain as that used in the Russian experiments. They may have wanted to distinguish the product from the common *bulgaricus* available in every health food store.

As for the product's availability, Steve Levine at NutriCology tells me the problem has been solved. You should be able to order it readily on the Internet or at NutriCology. We apologize for the inconvenience.

Q: I was recently diagnosed as a candidate for glaucoma. I don't have glaucoma at this time, but the optometrist said my eye pressure was 23 and 24. He gave me several drops to use. The first one caused too much redness and itching. The second one gave me headaches and a dry mouth. And the one I'm using now stings my eyes. Is there a better way to go for treating high eye pressure and preventing glaucoma? — Irene E., Middletown, OH

A: Glaucoma is a condition of high pressure in the front (anterior chamber) of the eye. This higher pressure can lead to damage of your optic nerve and loss of vision. A chronic painless form is the most common. Unless you're checked regularly, you may not know you have it until there's visual loss. This is one screening measure I do urge.

I usually recommend taking vitamin C to bowel tolerance. It does lower pressure! You also should support vitamin C with the following: rutin (50 mg, three times daily), omega-3 oils (1,000 mg EFA daily), vitamin E (400 IU daily), vitamin A (10,000 IU daily), a B complex, particularly thiamin (at least 50 mg daily), chromium (200 mcg daily), bilberry (1,000 mg daily), and zinc (50 mg daily).

I recently read that iodine is important for ciliary body function, the source of the fluid in the anterior chamber. I wonder if increasing iodine intake might have a normalizing effect on fluid pressure buildup. I don't have any evidence to suggest it will, but the theory is solid. It's worth it to try iodine supplementation.

If you decide to give it a try, please let me know if it has any effect on your eye pressure, up or down. (In November, I told you

about Iodoral, a potent iodine supplement for your body. The maker, Optimox Corporation, can refer you to outlets for the product. Call 800-223-1601 for more information.)

I've also had several patients tell me that chelation therapy apparently lowered their eye pressure.

Knowing that a high-quality vegetarian diet correlates with lower blood pressure, I suspect the same for eye pressure. You know that I'm mostly vegan with a 70-80% organic raw-food diet. My blood pressure is 100/65 and my last eye pressure readings were 10 and 11. In my career, I've never seen a vegetarian eating high-quality food who had glaucoma.

A 1948 medical article supports my observation by reporting long-term lowering of intraocular pressure (5-7mm) on a "rice" (i.e., vegetarian) diet. One of the authors was quoted as commenting that Seventh Day Adventists (mostly vegetarians) might have the best eye pressures.

I also recommend Healthy Resolve's Advanced Vision Formula. It has all the nutrients in it that I've seen work to lower eye pressure. You can order it by calling 800-728-2288.

Finally, when it comes to vision, I take no chances. If there are threats to your vision, please follow your ophthalmologist's advice. These suggestions can be used to improve pressure. If these methods are effective, the drops can be reduced very gradually, over time, and under supervision.

Stocker, F.W., L.B. Holt, J.W. Clower. "Clinical experiments with new ways of influencing intraocular tension. I. Effect of rice diet." *Arch Ophthalmol*, 1948; 40:46-55.